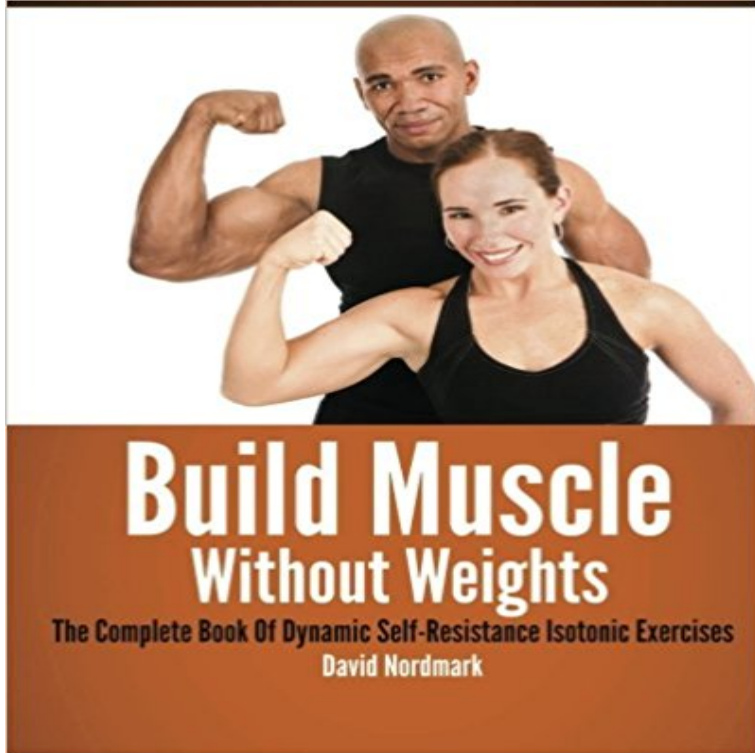


Build Muscle Without Weights: The Complete Book Of Dynamic Self-Resistance Isotonic Exercises



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